



Haj Handbook 2010

India Fraternity Forum

Dear Guest of Allah

Many years of experience in serving the Haj pilgrims at holy locations has inspired India Fraternity Forum to prepare the Haj handbook that would help the pilgrims to perform the rituals of Haj with ease and comfort, averting the anxiety over mishaps.

We request you to observe the safety instructions and precautionary measures for a safe and healthy Haj pilgrimage.

We sincerely pray to Allah the almighty to bless all the pilgrims with an acceptable Haj.

India Fraternity Forum - Jeddah
October 2010

India Fraternity Forum





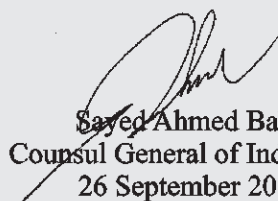
CONSUL GENERAL OF INDIA
JEDDAH



I am pleased to know that India Fraternity Forum previous years, has planned to distribute Hajj Handbook (practical guide) among the Hajjis of different states.

The handbook provides useful tips for pilgrims. I commend the voluntary efforts made by India fraternity Forum members every Hajj.

I hope and pray all pilgrims shall have smooth and comfortable Hajj!


Sayed Ahmed Baba
Counsul General of India
26 September 2010

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India Fraternity Forum





وزارة الصحة

I am quite happy to understand that India Fraternity forum is publishing a handbook for the Haj pilgrims. I am sure that this handbook would be of great help and support for the pilgrims to accomplish their life time ambition of performing the Haj pilgrimage, satisfactorily and safely.

On this occasion, I take liberty to congratulate the India Fraternity Forum, for their sincerity and cooperation extended to the Ministry of Health while conducting the awareness programmes and campaigns like H1N1, Dengue Fever etc aimed to educate the public including the expatriates, in Jeddah.

Dr. Muneera Khalid Balahmar
Head of Health Education Department
Directorate of Primary Health Care - Jeddah

India Fraternity Forum



Popular Front of India

Deccan House, No.5, First Main, 4 th Cross,
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In the Name of Allah, the Most Beneficent, the Most Merciful

The holy Haj is the largest annual spiritual voyage in the world, Ka'ba Shareef the destination. Our country India sends around 165000 men and women for Haj through Government Haj Committee and private tour operators.

All pilgrims enjoy the elaborate arrangements made by various agencies of Saudi government for their well being and welfare. The Indian High Commission takes care of the pilgrims from our country. But as our experience goes, the volunteer services officially provided for Indians remain inadequate. This gap is being filled by volunteers deputed by volunteer groups of expatriates in and around the holy city. Among them, during the past few years, the pioneer is the India Fraternity Forum both in terms of the number of volunteers and efficacy of services. Unlike many other volunteer groups, IFF caters to the emergency needs of pilgrims from different states.

I learn that these volunteers are improving the quality of their services every year from experience. The Haj Guide which is being published since last year in various Indian languages has proved to be very useful. I appreciate the valuable efforts undertaken by these brothers. And along with their beneficiaries I pray to Almighty Allah for rewarding them in the Hereafter. And indeed it is their only personal desire.

E. M. Abdul Rahiman

A handwritten signature in black ink, appearing to read 'E. M. Abdul Rahiman'.

Chairman
Popular Front of India

India Fraternity Forum



Important - during your stay in Makkah/Madeena

- Keep a good idea about your accommodation building, the Building Number, colour, shape, location and any other notable features which could be noted for easy recognition and access to your room.
- Always wear the Identification strap and steel bangle, issued by Matawwif (Saudi Hajj Ministry), to help recognize you at any situation. It would be very easy to identify you, even if you are lost or while you are unconscious.
- While crossing the road, look at both directions and make sure that there is no vehicle near you on the road. If you are crossing the road while slow moving vehicle is approaching, raise your hand as your intention to cross the road and the driver will stop the vehicle allowing you to cross. Unlike India, in Saudi Arabia, it is right driving system and the vehicles are faster.
- During Hajj, keep away from heavily crowded places in and around the holy sites including Haram, as there might be pickpockets and you may lose your money or valuables including your travel documents.
- Stealing and pick pocketing are often occurs in crowded environment. Hence take care of your money and valuables. Do not carry too much money with you, while you are in Haram or its surroundings.
- There is every chance for the pilgrim to lose at various locations on different occasions of Hajj, like in Tawaaf, Arafath, Muzdalifa and at the time of stoning at Mina. Hence take more care and attention at these places and move in small groups, taking care of one another and all those in the group.

How to remain healthy during Haj – Health Tips

- Being healthy is a necessary pre-requisite for Hajj. Hence take necessary precautions to remain healthy during Haj. Healthy and nourishing food, essential rest and sleep will keep you healthy, enabling you to perform the rituals comfortably and without any health problems.

Below are some tips that help you to remain healthy

- It is a huge gathering and crowding of hundreds of thousands of pilgrims from different countries and the possibility of transmitting diseases, epidemics etc, are more during Haj. Besides, the atmosphere is polluted with emissions from thousands of vehicles, which in turn lead to increase the chance to have diseases very easily.
- A face mask covering your nose and mouth will help prevent from getting the diseases to some extent. However replace the mask frequently, as using the same mask for a long time will have negative results.
- Keeping your hands, nose and eyes clean and staying away from crowds can reduce the chance of getting disease(s) to a very great extent.
- Patients on regular medication for diabetes, blood pressure, heart disease etc should keep the prescription of the treating doctor, latest analysis reports and any reports related to allergy etc., ready and immediately available, as in the case of an emergency the treating doctor can give him the right treatment.
- Do not expose yourself to the hot sun light or heat and do not walk in the hot sun, which might cause sun stroke. Drink adequate quantity of fluids containing required salts and other necessary elements and take enough rest.

Other things

- Don't eat anything kept open, since it may get you any epidemics or food poisoning!
- Don't take your food at unclean surroundings
- Wash your hand with soap before eating
- Keep your nails clean and size them short.
- Wash your hand with soap after going to toilet.
- When you sneeze or cough in public places, cover your face with tissue paper and dispose them in trash bins.

Rituals of Haj (Dul Hajj 8 – 13)

DHUL HAJJ 8th

- Enter Ihram at your room / accommodation and start reciting "thalbiya" and try to reach Mina before Dhuhr prayers.
- MUTHAWAFF'S Bus will come near your room, which indicates the MAKTHAB number. The bus will take you to your Tent in Mina. You can find your bed space as per the information of Muthwaff. You need to take only the most necessary items like medicine, Quran, cup, bed sheet, blanket, tooth brush, bath towel and the plate for food, with you.
- To prevent fire in Mina, cooking inside the tent is strictly prohibited and you have to strictly follow the instructions of Civil Defence (Fire) department. Pilgrims should note that unlike their counterparts under Private Tour Operators, the Haj Committee pilgrims are not entitled to have food from the Mutawwif in Mena. Food can be purchased in Mena. Pilgrims may carry some fruits or fresh vegetables like cucumber etc with them to meet the situation.
- Don't misuse / waste the food, even if you received it free. Sometimes heavy intake of food, which is also of a different type may cause stomach disorders creating the chance of losing your Arafah day, as well.

- The entire area of Mina looks like the same, as it is full of same type of tents. Hence the pilgrims should try to understand the symbols near his tent, like colour and number on the post and room number inside your tent etc. Old aged people should not go outside without his room/tent mates.
- Since you have to leave Mina to Arafath on 9th Dhulhajj, it is better to sleep early on the previous night of 8th and wake up early on 9th DhulHajj to keep yourself ready to leave to Arafath, immediately after sun rise. Unlike Mina, there is lack of toilet facilities in Arafath and it is better to complete all your preparation including answering to the call of nature etc from Mina itself to avoid rush in front of the toilets, wasting your precious time in ARAFATH.

DUL HAJJ 9th (ARAFATH)

REMEMBER "ARAFATH" IS HAJJ

- On 9th Dul hajj you can move to ARAFATH immediately after sun rise. The bus will come beside your tent and the Mutawwif people will announce about it. Remember anyone who could not perform this "staying in Arafath", his Hajj is **not acceptable**. Make sure that you are inside the boundaries of Arafath. Pray Dhuhr and Asr together and shortened in Arafath. Whole day till sun set Haji should be inside Arafath and anyone leaving Arafath before sunset will have to compensate. Stay there in Arafath supplicating to Allah humbly requesting his forgiveness. Instead of reciting words / sentences that the Haji does not understand, it will better to supplicate in his own language. Also he can recite Quraan and other "zikr" before the almighty Allah.
- To avoid losing the way to ARAFATH you can move in small groups and select any able person to manage each of the

groups. There will be buses for your transportation from Arafath to Muzdalifa and Mutawwif will bring the vehicle on time before your specific tents. However the buses will move very slowly due to heavy traffic on the roads to Muzdalifa.

- After Maghrib leave Arafath to Muzdalifa and pray Maghrib in Muzdalifa and not in "Arafaath".

LEAVING ARAFATH TO MUSDALIFA

- You can reach Muzdalifa by bus or by walk. Many may miss the bus, but they may use any means to reach Muzdalifa, which is around 5 – 6 KM from Arafath. Once you reach Muzdalifa, perform the prayers, Maghrib and Isha together and shortened. You can have the food and take some rest and wake up before Fajr Azaan and you may continue to pray and supplicate to Allah the almighty as our beloved prophet (pbuh) instructed us to do. Also you may collect small stones for the next day ritual, for throwing in jamarath. It is not compulsory to take the stones from Muzdalifa itself.

10th DULHAJJ

- On 10th Dul hajj move to MINA before sun rise.
REMEMBER: NEVER TAKE YOUR LUGGAGE WITH YOU WHEN YOU ARE PROCEEDING TO JAMRA FOR THROWING THE STONES. IT WILL CREATE OBSTACLES BEFORE YOU AND FOR OTHER PILGRIMS.
- Co-operating with the Saudi Security Forces and Ministry of Haj, specific timings have been scheduled by the Mutawwafi organization for throwing the stones for Hajis from different countries. Co-operate with them and follow the timing set for Indian Hajis, as this would avoid congestion and help them to throw stones comfortably.

- If you found anyone missing from your group, do not be panic, but inform the Fraternity Forum volunteers and they will help you to find them.
- On reaching Mina from Muzdalifa / Arafath, the aged and weak pilgrims may get health problems due to exhaustion and lack of rest or food. Do not hesitate to contact the nearest clinics or medical centre or seek the help of Fraternity Forum volunteers for the required medical assistance.
- If you feel that you have lost your way, seek the help of Fraternity Forum volunteers and confirm the right way and / or location of your tent/ destination.
- For facilitating the "Qurbani" (animal sacrifice) there are many counters set up by the banks, approved by Islamic Development Bank. You may pay the amount in these counters or you can go straight to the slaughter houses to perform the sacrifice by yourself. Fraternity Forum volunteers could guide you to the slaughter house which is one of the largest in the world and operates only during Haj.
- It is recommended to shave off your head from the authorized barber shops, which maintains hygiene preventing the transmission of skin diseases. You find some rush in these barber ships, but it is better for your health and hygiene.

SINCE SOME OF THE HAJIS WILL HURRY TO COMPLETE THE THROWING OF STONE ON 12TH DULHAJJ ITSELF, THERE WILL BE HEAVY RUSH IN THE JAMRAS!

Emergency Services Telephone Numbers

Police	999
Fire & Rescue	998
Ambulance	997
Traffic Accidents	993
Highway Patrol	996

Consulate official Contacts

Haj News & Contacts

H.E. Mr. Sayeed Ahmed Baba

Consul General

Phone: 02-6520072, Fax: 02-6510725E-mail: cg@cgijeddah.com

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Fax:02-6533964

E-mail: haj@cgijeddah.com

Mr. Pawan Tripathi

Vice Consul (Hajj)

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Fax: 02-6533964

E-mail: haj@cgijeddah.com

Mr. Asif Ali

In charge, Makkah Hajj Mission

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Fax:- 02-5603380

Mobile:- 0505 654 901

E-mail: haj@cgijeddah.com

Mr. M.A. Shukkur

In charge, Madina Hajj Mission

Phone: 04-838 0025,

Fax: 02-838 7594

Mobile:- 0506 311 617

E-mail: haj@cgijeddah.com

India Fraternity Forum



INDIAN HAJJ OFFICE-CUM-DISPENSARY, MADINAH-AL-MUNAWWARAH

	NAME	ADDRESS	PHONE NO.
1	ASSISTANT HAJJ OFFICER, INDIANHAJJOFFICE, MADINAH-AL-MUNAWWARAH	BEHIND NATIONAL COMPANY, NEAR AL QUDS-HOTEL, SITTEEN STREET , MADINAH-AL- MU- NAWWARAH	04-838-0025 04-834-4715 04-8387549 (FAX)
(i)	MEDICAL OFFICER INCHARGE, INDIAN DISPENSARY, MADINAH-AL-MUNAWWARAH	-DO-	-DO-

TEMPORARY INDIAN HAJ OFFICE, HAJ TERMINAL, JEDDAH

1	ASSISTANT HAJJ OFFICER	KING ABDUL AZIZ AIRPORT, HAJJ TERMINAL	02-685-8540 02-685-8550 (FAX)
(i)	MEDICAL OFFICER INCHARGE	-DO-	-DO-

HOSPITALS/DISPENSARIES NEAR HARAM SHAREIF, MAKKAH

	NAME	LOCATION	TELEPHONE	FAX NOS.
(i)	AJYAD HOSPITAL	AJYAD	02-573-0070	02-574-3116
(ii)	KING ABDUL AZIZ HOSPITAL	ZAHIR	02-544-2400	02-542-4449 02-544-0024
(iii)	KING FAISAL HOSPITAL	SISHA	02-556-6411	02-556-3523
(iv)	NOOR HOSPITAL	AZIZIA JUNUBIA	02-566-5000	02-566-6842
(v)	HERA GENERAL HOSPITAL	MASJID AISHA (TANEEM)	02-520-3535	02-520-0333 02-522-0472
(vi)	MINISTRY OF HEALTH	MOHALLA, ZAHIR OPPOSITE JAWAZAT, MAKKAH AL-MUKARRAMA	02-545-7774	02-542-2696

HOSPITALS/DISPENSARIES MADINAH AL-MUNAWWARAH

	NAME	LOCATION	TELEPHONE
(i)	DIRECTOR OF HEALTH DR.ABDUL QADER AHMED AL-TAYYEB	MATAR ROAD	04-837-0600 fax:04-8455094
(ii)	KING FAHAD HOSPITAL	TABUK ROAD	04-846-0900 04-846-0145 04-8461160
(iii)	OHAD HOSPITAL	UNIVERSITY ROAD	04-8300016
(iv)	MEEQAT HOSPITAL	MEEQAT ROAD	04-823-7892
(v)	CHEST HOSPITAL	QURBAN ROAD	04-826-6639
(vi)	CHILDREN & MATERNITY HOSPITAL	SITTEEN ROAD	04-836-1000
(vi)	KING ABDUL AZIZ HOSPITAL	SITTEEN ROAD, BEHIND MASJID IJABA	04-836-1336 04-836-1848

POLICE STATION

POLICE STATIONS NEAR HARAM SHARIEF		
	PLACE	TELEPHONE NO.
(i)	HARAM SHARIEF POLICE STATION	02-575-0200
(ii)	POLICE STATION NEAR HARAM SHAREEF (AJYAD)	02-574-6005
(iii)	QARARA POLICE STATION (QARARA)	02-574-6808

POLICE STATION, HARAM SHARIEF MADINAH		
(i)	MASJID-E-NABAWI	04-8250888
(ii)	POLICE STATION, HARAM SHARIEF MADINAH	04-823-0930 04-822-9373

Contact Phone Numbers - India Fraternity Forum

Abubacker kunhu	0507676889
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Abdul Gani	0507322337
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Jeddah

Ashraf Morayur	0500835614
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Basheer P.K	0507015667
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Kabeer Kondotty	0567601499
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Muhammed Kutty	0509503223
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Makkah

Abdul Gafar	0534481329
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Abdul Hakeem	0553071490
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Ashraf Kannur	0568717785
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Ashraf Tirur	0508711759
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Madeena

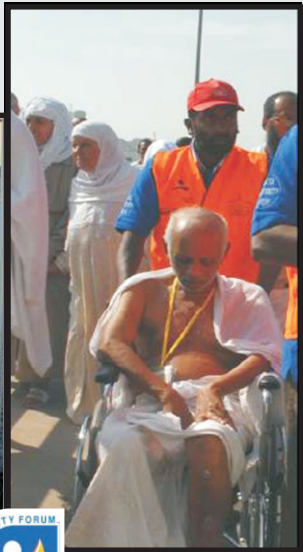
Faisal Tanur	0562289575
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Ashraf Chokli	0500335072
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Mujeeb Rahman	0503468815
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Ahmed Kutty	0507470346
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Fraternity Forum Volunteers



India Fraternity Forum





IMPORTANT HEALTH TIPS



على الحاج المريض

أن يحمل بطاقة خاصة تبين تشخيص المرض. لتسهيل عملية إسعافه
و يفضل أن تكون سوار حول المعصم
على الحاج المريض أن يؤدي المناسك وسط مجموعة من الأقرباء أو المعارف

The pilgrim that is a known patient should wear a card with his diagnosis to facilitate his treatment in case of emergency, better as a bracelet

It's preferred that he do pilgrimage rites among his friends and relatives.



**أدوات النظافة الشخصية
ضرورية**

Personal hygiene items are mandatory



كن حذراً عند الحلاقة

لتجنب خطر الإصابة بمرض الإيدز و التهاب الكبد
من نوع (ب) و (ج)

Be careful when shaving, to avoid the risk of AIDS, & hepatitis B&C infection



تجنب كل ما يعرضك للخطر

Avoid all risk factors



**للقائية من ضربات الشمس
والاجهاد الحراري**

For protection against sun stroke and heat stress



للقائية من التسمم الغذائي

For prevention of food poisoning



وزارة الصحة

Influenza A(H1N1)



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How to Protect Yourself and Others



Cover your nose and mouth with a disposable tissue when coughing and sneezing



Dispose of used tissues properly immediately after use



Regularly wash hands with soap and water



If you have flu-like symptoms, seek medical advice immediately



If you have flu-like symptoms, keep a distance of at least 1 meter from other people



If you have flu-like symptoms, stay home from work, school or crowded places



Avoid hugging, kissing and shaking hands when greeting



Avoid touching eyes, nose or mouth with unwashed hands

For more information:

<http://www.emro.who.int/csr/h1n1/index.htm>
<http://www.who.int/en>

INDIAFRATERNITYFORUMJEDDAH

India Fraternity Forum

India Fraternity Forum is a common platform for the entire Indian diaspora in the kingdom of Saudi Arabia regardless of religious, political, linguistic and regional diversities. Thanks to the possible help and sincere support that India Fraternity Forum has been extending to the Indian expatriates, it has acquired a deserving position in their minds, particularly those who falls under the semi-skilled or unskilled / labour category who are often neglected by the socio cultural organizations.

In addition to the above, every year India Fraternity Forum, is engaging thousand plus of its trained volunteers of different Indian states, who extend their dedicated services to the Haj pilgrims which enable them to accomplish the ambition of their life time, comfortably and safely.

Handbook



India Fraternity Forum

Jeddah, Saudi Arabia



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